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Reserve

EXTENSION SERVICE  
U. S. Dept. Agr.

State and County Nutrition  
Committee Series 2.

VIRGINIA

Nutrition for National Defense

(Excerpt from letter from Janet Cameron, extension nutritionist  
at Blacksburg, Va., dated May 1, 1941)

Dear Miss Birdseye:

This is the plan we are using for the special nutrition program to be carried on in Richmond with the 1,248 women registered for nutrition classes in the city. Their plan is to handle this tremendous group through 20 teams of professional people, two in a team. In most cases, they expect to have a home-economics teacher and a cafeteria manager working together. They plan to hold these 10 classes over a period of 5 weeks, holding two evening meetings a week for each group.

Refresher Courses

- Lesson I - Why Must We Be Well Fed?
- Lesson II - Our Vegetable Needs, and How To Get Them
- Lesson III - Meat, Fish, and Poultry Foods - How To Keep Them Within the Budget.
- Lesson IV - Fruits Add Pep and Variety as Well as Food Value.
- Lesson V - Why Must We Plan Our Meals?
- Lesson VI - Milk and Dairy Products, the Backbone of Daily Food Needs.
- Lesson VII - The Staff of Life - How Bread and Cereals Can Enrich the Diet.
- Lesson VIII - Buying To Get Your Money's Worth.
- Lesson IX - Meat Substitutes, Egg and Cheese Dishes.
- Lesson X - General Summary of Nutrition Refresher Discussions.



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